



SECTION TWO

Test Diets and Diets of Limited Duration

Diet manual

100 Grams Fat Diet

General Description

This is a test diet of controlled fat content to be used in the diagnosis of fat malabsorption. The fecal excretion of more than 5-7 grams of fat/24 hours over a three day period in patients ingesting a minimum of 100 grams of dietary fat daily is generally considered to be evidence of fat malabsorption¹⁻³. A marker should be ingested by the patient prior to the testing so that passage of the marker can be used to signal the beginning of the stool collection. If a marker is not used, the stool collection should start only after the patient has been on the diet for three days¹. It has been shown that if fat intake is controlled between approximately 50-150 grams per day, measurement of fecal excretion yields as much information as balance studies⁴. It is however, important to control intake if a comparison is to be made between results before and after treatment. Knowledge of the patient's actual fat intake during stool collection is necessary when interpreting test results.

Indications for Use

This diet is to be used in conjunction with a 72-hour stool collection as a test for malabsorption. The malabsorption may be due to intestinal disease, bacterial growth (blind loop syndrome), or exocrine pancreatic dysfunction.

Guidelines

- The diet will be planned on a daily basis for approximately 150 grams of fat per day to allow a margin for refusals. Replacements will not be provided unless the actual fat intake is less than 100 grams per day in an adult and less than 80 grams per day in a child.
- The dietitian will calculate daily estimates of actual fat intake and record under *DIETITIAN NOTES* section of the *MIS*.

Suggested Meal Plan*

Breakfast	Lunch	Dinner
Juice or Fruit	Meat	Meat
Cereal	Potato or Substitute	Potato or Substitute
Eggs x2	Vegetable	Vegetable
Breakfast Meat x2	Ice Cream	Salad w/Dressing
Toast	Bread	Ice Cream or Pudding
Margarine	Margarine	Bread
Whole Milk	Whole Milk	Margarine
Beverage	Beverage	Whole Milk
		Beverage

*Total Fat Content of Suggested Meal Plan—150 gm

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References

1. Wright, H.K., Tilson, M.D. Postoperative Disorders of the Gastrointestinal Tract. New York: Grune & Stratton, 1973.
2. Westerguard, H., Dietschy, J.M. Normal mechanisms of fat absorption and derangements induced by various gastrointestinal diseases. Med Clin N Am, 58:1513, 1974.
3. Rosenberg, I.H., Sitrin, M.D. Screening for fat malabsorption. Ann Intern Med, 95(6):776-777, 1981.
4. Theodossi, A., Gazzard, B.G. Have chemical tests a role in diagnosing malabsorption? Ann Clin Biochem, 21:153-165, 1984.